

**KNOWLEDGE OF ADOLESCENTS TOWARDS DRUG ABUSE AND CONTROL MEASURES IN NNARAMBIA AHIARA AHIAZU MBAISE IMO STATE**

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**ABSTRACT**

This study is on the knowledge of adolescent towards drug abuse and control measures in Nnarambia Ahiara Ahiazu Mbaise, Imo State. The objectives were to determine if the adolescents know the meaning of drug abuse, Causes, dangers, preventions and control measures of drug abuse. A descriptive research design was adopted for the study. Stratified proportionate questionnaire was used for data collection which was analysed using mean and percentages and presented in tables. The result revealed that the adolescent (100%) have heard of drug abuse, (50%) have knowledge of the causes. Also most respondents were aware of the dangers and control measures of drug abuse. It was recommended that guidance and counselling should be established in primary, secondary and tertiary institutions in order to combat the menace on time.

**KEYWORDS:** Knowledge, Adolescent, Drug Abuse.**INTRODUCTION**

Drug abuse is a global menace with economic and social cost usually influenced by prevailing social factors in any given society. It stands out as the most life threatening of over time alongside with human immune virus (HIV) and acquired immune deficiency syndrome (AIDS).<sup>[2]</sup>

Substance abuse, also known as drug abuse, is a patterned use of a drug in which the user consumes the substance in amounts or with methods which are harmful to themselves or others, and is a form of substance-related disorder. Widely differing definitions of drug abuse are used in public health, medical and criminal justice contexts. In some cases criminal or anti-social behaviour occurs when the person is under the influence of a drug, and long term personality changes in individuals may occur as well.<sup>[10]</sup>

Drugs most often associated with this term include: alcohol, cannabis, barbiturates, benzodiazepines, cocaine, methaqualone, opioids and some substituted amphetamines. The exact cause of substance abuse is not clear, with theories including one of two: either a genetic disposition which is learned from others or a habit which if addiction develops; it manifests itself as a chronic debilitating disease.<sup>[7]</sup>

In 2010 about 5% of people (230 million) used an illicit substance.<sup>[6]</sup> Of these 27 million have high-risk drug use otherwise known as recurrent drug use causing harm to

their health, psychological problems, or social problems or puts them at risk of those dangers. In 2015 substance use disorders resulted in 307,400 deaths, up from 165,000 deaths in 1990.<sup>[14]</sup> Of these, the highest numbers are from alcohol use disorders at 137,500, opioid use disorders at 122,100 deaths, amphetamine use disorders at 12,200 deaths, and cocaine use disorders at 11,100.<sup>[6]</sup>

Drug abuse is the intake of drugs without prescription by any skilled personnel, this is because of one way or the other and almost all drugs overstimulated the pleasure centre of the brain, flattening it with the neurotransmitter dopamine which produces euphoria<sup>[4]</sup>

This drug causes in increased energy, rapid heart rate and elevated blood pressure, produced racing thought and make one feel over stimulated. Continuous use causes rapid breathing, irritability and impulsiveness, aggressiveness, insomnia, weight loss, tolerance, addiction and possible heart failure. These drugs also cause an impairment in cognitive functioning which negatively affects the memory and impairs the ability to learn.<sup>[9]</sup>

Public health practitioners have attempted to look at substance use from a broader perspective than the individual, emphasizing the role of society, culture, and availability. Some health professionals choose to avoid the terms alcohol or drug "abuse" in favour of language they consider more objective, such as "substance and alcohol type problems" or "harmful/problematic use" of

drugs. The Health Officers Council of British Columbia—in their 2005 policy discussion paper, *A Public Health Approach to Drug Control in Canada*—has adopted a public health model of psychoactive substance use that challenges the simplistic black-and-white construction of the binary (or complementary) antonyms "use" vs. "abuse".<sup>[11]</sup>

The effect of drug uses example heroin, cocaine, marijuana, tramadol have both short and long term effect. Drug abuse is responsible for decrease job opportunities, productivity, attendance and escalation of domestic violence and crimes. The drugs which are commonly abused are cocaine, heroin, opioids, caffeine and morphine. Other drugs which are commonly abused include mild pain relief such as benlyin with codeine. They all affect the body naturally, physically and socially. Parents and government should use appropriate measures to stop the act of drug abuse. Millions of Nigerians today, particularly the youths or adolescents have either lost their lives or have suffered from the myriad of complications of drug abuse. In the view of the above situation, it is important to sensitise the adolescent in Nnarambia Ahiara Ahiazu Mbaise on what is drug abuse, factors that may lead to drug abuse, its dangers, how to prevent and control, and how to manage victims of drug abuse. It has been proved that adolescents are mostly involved in this act due to the fact that some of these drugs are easily obtainable from the parent medicine dealers.<sup>[7]</sup>

There is a high rate of suicide in alcoholics and other drug abusers. The reasons believed to cause the increased risk of suicide include the long-term abuse of alcohol and other drugs causing physiological distortion of brain chemistry as well as the social isolation. Another factor is the acute intoxicating effects of the drugs may make suicide more likely to occur. Suicide is also very common in adolescent alcohol abusers, with 1 in 4 suicides in adolescents being related to alcohol abuse.<sup>[5]</sup>

## METHODOLOGY

### Research Design

A descriptive survey was used to determine the knowledge of adolescents towards drug abuse and control measures in Nnarambia Ahiara Ahiazu Mbaise in Imo State. A descriptive design was used. The descriptive design is useful here because it will enable the generation of information as they are without distortion.

### Setting

The study was carried out in Nnarambia Ahiara in Ahiazu Mbaise local government Area in Imo State. The village is bounded by Lude Ahiara, Oru, Ogbe and Nguru. It is a rural community made up of five (5) villages as follows: Umuezerugwu, Umunnachi, Umuofor, Umunkita and Amakpaka.

The community is principally made up of local farmers, petty traders and civil servants. The community has an oil processing industry with a seasonal employment. The community has one market that operates every day called Eke Nnarambia. Their main dominations are Catholics and Anglican, others are Pentecostal churches. The community is an autonomous community which is governed by HRH Eze D. O Onyekwere. Their main cultural festival is called Iriji which attracts their sons and daughters, young and old, both home and abroad.

### Target Population

The study population comprised of 600 adolescents residing in Nnarambia Ahiara at the time of the study.

### Sample and Sample Technique

A systemic random sampling technique was used for this study, to select eighty respondents from the five villages in Nnarambia Ahiara. Target population is 600 and sample size of 80 was selected out of the whole for the study.

### Instrument for data collection

The instrument for the data collection was a self-structured questionnaire. The questionnaire consists of (5) sections, section A, B, C, D and Section A contains the demographic variables of respondents while Section B, C, D and E contains question to elicit information to answer the research questions.

### Validation of Research Instruments

This is an important feature of any research instrument. It ensures that an instrument measures what it is supposed to measure, after the development of the instrument. It was first validated by the supervisor and the corrections made were effected before it was finally approved for administration.

### Reliability of Research Instrument

This refers to the level of consistency of the instrument. A Test retest method was used where a pilot study in Oru village, using adolescents. A total of fifteen questionnaires were administered to fifteen respondents in the village and data was collected. After two weeks interval, another set of questionnaire were administered to the same people, a second response was obtained and Pearson's product moment correlation coefficient (PPMCC) was used as technique to analyse a reliability coefficient of 0.7.

### Method of Data Analysis

Data generated were analysed using tables, with results expressed in percentages and frequency.

### Ethical Consideration

- This was the code of conduct that guided the researcher while carrying out the study.
- Permission was obtained from significant orders and informed consent was gained.

- The respondents were allowed to participate voluntarily.
- Confidentiality of information was maintained. Anonymity was maintained as the respondents were not allowed to write their names.
- Good interpersonal relationship was maintained throughout the study.
- Plagiarism was avoided by citing the people whose works were used for the study.
- The respondents safety was ensured, making sure they do not encounter any harm as well as upholding their values and beliefs.

**Table 3: Showing the respondents sources of information.**

Items	Frequency	Percentage %
Church	24	30.0
Public gathering	5	6.25
Media	7	8.75
School	44	55.0
Others	0	0
<b>Total</b>	<b>80</b>	<b>100</b>

## RESULTS

**Table 1: Showing the Demographic Data of the respondents n = 80.**

Variables	Frequency	Percentage (%)
<b>Sex:</b>		
Male	35	43.75
Female	45	<b>56.25</b>
<b>Total</b>	<b>80</b>	<b>100</b>
<b>Age:</b>		
10-12 years	10	12.5
13-14 years	16	20.0
13-14 years	16	20.0
15-16 years	12	15.0
17-18 years	18	22.5
19years and above	24	30.0
<b>Total</b>	<b>80</b>	<b>100</b>
<b>Occupation:</b>		
Schooling	34	42.5
Trading	18	22.5
Mechanic	4	5.0
Driving	14	17.5
Farming	10	12.5
<b>Total</b>	<b>80</b>	<b>100</b>
<b>Denomination:</b>		
Catholic	40	50.0
Anglican	20	25.0
Methodist	5	6.25
Pentecostal	10	12.5
Other Specify	5	6.25
<b>Total</b>	<b>80</b>	<b>100</b>
<b>Village Name:</b>		
Umuezerugwu	16	20.0
Umunachi	15	18.75
Umuofor	13	16.25
Umunkita	20	25.0
Amakpaka	16	20.0
<b>Total</b>	<b>80</b>	<b>100</b>

**Table 2: Showing whether the respondents are aware of drug abuse.**

Items	Frequency	Percentage %
<b>Yes</b>	80	100
<b>No</b>	0	0
<b>Total</b>	<b>80</b>	<b>100</b>

**Table 4: Showing the meaning of drug abuse to the respondents.**

Items	Frequency	Percentage %
1. It is a self-administration of drugs for non-medical use.	7	8.75
2. It is an indiscriminate use of drugs which is not approved medically, culturally or socially.	12	15.0
3. It is the use of natural or synthetic substances to alter mood or behaviour in a manner different from its generally accepted use.	10	12.5
4. It is improper use of common medication in a Way that leads to acute or chronic toxicity.	45	56.25
5. All of the above	6	7.5
<b>Total</b>	<b>80</b>	<b>100</b>

**Table 5: Showing how drugs can be abused.**

Items	Frequency	Percentage %
1. Continues	36	45.0
2. Intermittent or occasional use	16	20.0
3. When necessary	9	11.25
4. All of the above	15	18.75
5. None of the above	4	5.0
<b>Total</b>	<b>80</b>	<b>100</b>

**Table 6: Showing the type of drug that can be abused by people.**

Items	Frequency%	Percentage
1. Tranquilizers for calming down individual	22	27.5
2. Antidepressant for the treatment of depression	17	21.25
3. Anxiolytic for relieving and treatment of Neurotic problems.	8	10.0
4. Cannabis e.g indian hemp	33	41.25
<b>Total</b>	<b>80</b>	<b>100</b>

**Table 7: Showing the respondents knowledge on the factors that predisposes drug abuse.**

Items	Frequency %	Percentage
1, Lack of parental care	11	31.0
2. Physical illness	7	19.0
3. Peer group influence and pressure	13	36.0
4. Public advertisement of cigarette and alcohol	5	14.0
5. Others	0	0
<b>Total</b>	<b>80</b>	<b>100</b>

**Table 8: Showing the respondents knowledge on the causes of drug abuse.**

Items	Frequency	Percentage %
1. Accessibility to the drugs	5	12.5
2. Availability of the drug	10	25.0
3. Unemployment	5	12.5
4. Peer group influence	20	50.0
<b>Total</b>	<b>80</b>	<b>100</b>

**Table 9: Showing the percentage of their knowledge on the dangers of drug abuse.**

Items	Frequency	Percentage%
1. Drug abuse is one of the contributing factors of mental illness.	20	25.0
2. Drug abuse can lead to addiction and dependance	14	17.5
3. Drug abuse predisposes one to HIV/AIDS	10	12.5
4. Drug abuse can lead to loss of job and unemployment	12	15.0
5. Drug abusers experience unstable family relationship	8	10.0
6. Drug abuse lead to juvenile delinquency	7	8.75
7. Drug abuse can lead to poverty	6	7.5
8. Drug abuse is the common cause of divorce and Separation.	3	3.75
<b>Total</b>	<b>80</b>	<b>100</b>

**Table 10: Showing the percentage of their knowledge on the control measures of drug abuse.**

Items	Frequency	Percentage
1. Inclusion of drug abuse into the school Curriculum can help in its reduction.	12	15.0
2. Adequate information and sound moral Education help to eradicate drug abuse.	28	35.0
3. Law propounded by the government guiding Against drug abuse will help to stop drug abuse.	16	20.0
4. Avoidance of self medication can help to control Drug abuse.	24	30.0
<b>Total</b>	<b>80</b>	<b>100</b>

## DISCUSSION

The answers sought by this research questions were provided by the information contained in table 2-6, it was of the opinion that 100% of the adolescents have heard about drug abuse and they got their information from different source. It also revealed that they had knowledge of drug abuse with response to how the drug can be abused and the type of drugs that are abused. This finding contracts the findings of a researcher which revealed that a fair level of knowledge on different aspects of substance or drug abuse among study participants of both boys and girls.<sup>[3]</sup>

The answer sought by this research question was provided by the information by the information contained in table 7 and 8. The result showed that majority of the adolescents (36%) revealed peer group influence and pressure with curiosity and desire to experience the drug as the causes of drug abuse. Also 25% of the respondents said that availability of drug is one of the causes of drug abuse. This finding is in line with a research which reported that majority of adolescent participants in the study have knowledge on the causes of drug abuse and some of them admitted it to peer group influence and family background.<sup>[3]</sup>

The answer sought by the respondents as contained in table 9. This showed that majority of the respondents 25% revealed that drug abuse is one of the contributing factors to mental illness in adolescents. Also 17.5% of the respondents said that drug abuse can lead to addiction and dependence. This findings is similar with a research which reported that the respondents have clear knowledge of the dangers or effects of drug abuse on the people and the society at large.<sup>[13]</sup>

The answer sought by the researcher in table 10, on the control measures of drug abuse, showed that majority of the respondents 35% stated that adequate information and sound moral education can help to cobe out drug abuse. Moreso, 30% of the respondents said avoidance of self medication can help to control drug abuse. This findings is in consonance with a research which reported that parents education on the use and abuse of substances so as to take up the responsibility of keeping their word, substance free together with the governmental and non governmental agencies.<sup>[12]</sup>

## SUMMARY

This study was design to ascertain the knowledge of adolescents towards drug abuse, control measures in Nnarambia Ahiara Ahiazu Mbaise Imo State. The objectives of this study include; to determine the adolescents knowledge towards drug abuse, causes, and control measures of drug abuse. The researcher used a systematic random sampling technique to select (5) villages in Nnarambia Ahiara. The researcher elaborated on the topic in the following ways, definition, commonly drug abused, causes, and control measures. The study revealed that most adolescents have heard of drug abuse, causes and its effects.

## CONCLUSSION

The finding of the study on the knowledge of adolescents towards drug abuse and control measures in Nnarambia Ahiara Ahiazu Mbaise, in Imo State revealed that most adolescents have the knowledge of drug abuse, causes and its effects. Hence, control measures such as adequate information and sound moral education, inclusion of drug abuse into the school curriculum and law enforced by the government on drug abuse to avoid its effects on the individuals and the society at large.

## RECOMMENDATION

- Guidance and counselling should be established in primary, secondary, and tertiary institutions in order to eradicate this menace in time as lasting solution.
- Parents should encourage their children to attend church services so that moral aspect of information will be in them.
- Dissemination of information through public enlighten campaigns, mass media about the causes and dangers encounterd in drug abuse.
- The government should enact strict laws guiding against this act.
- There should be effective control of psycho active drugs by the National Drug Law Enforcement Agency (NDLEA).

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